



**Primitive Cookery ;**

**O R T H E**

**Kitchen Garden display'd.**



[Price One Shilling.]

Ladies, one of mine

Kitchen Garden directory.

or THE

Elimitive Cookery;

Primitive Cookery ;  
OR THE  
Kitchen Garden display'd :  
CONTAINING

A Collection of RECEIPTS for preparing a great Variety of cheap, healthful and palatable Dishes, without either Fish, Flesh, or Fowl.

ALSO

To make divers sorts of wholesome and pleasant Liquors from Herbs, Fruits and Flowers, the Growth of *England*; with their physical Virtues.

To which is added,

A BILL OF FARE of seventy Dishes, which will not cost above two-pence each.

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*Be not amongst wine-bibbers; amongst riotous eaters of flesh: for the drunkard and the glutton shall come to poverty.*

Prov.

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L O N D O N :  
Printed for J. WILLIAMS at No 38,  
FLEET-STREET. 1767.

Finagle Coffey

or the

Kingsmen (1870)

C O N T A I N I N G

the original manuscript of  
the first part of the  
Kingsmen, by  
Henry C. H. Coffey, with  
illustrations by George  
W. Ladd, and a  
preface by the author.

A E S O

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July 20th, 1870. To my dear A.  
With love & regards from his son,

J. O. K. D. O. M.

John Williams, Jr., Williamsburg,  
Va.

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Dr. Lobb's *Advice to the Poor with  
regard to Diet.*

**A**S we apprehend it may of great service to the Poor at all times, to direct them to the cheapest, the most healthful, and a pleasant way of Diet ; and whenever provisions are scarce, and the prices of them high ; I advise the Poor, therefore, to observe the following general rules, *viz.*

1. That they feed much more on pulse, (that is, all sorts of grain fit for our food) and other vegetable aliments, and much less on those of the animal kinds.
2. That they drink no more strong liquors of any sort, than is needful to the health and strength of their bodies.

It is a mistaken notion that drinking strong liquors is necessary for people who work hard, to keep up their strength ; they may drink some moderately to keep their spirits cheerful while at their labour, but the spirits of strong liquors soon pass thro' their bodies, and are gone ; their strength comes from, and is renewed by the food

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they take, and less than half the quantity of strong liquors which some men drink is sufficient for their occasion.

The Poor, in observing the directions mentioned, will every week be at much less expence, because pulse and other vegetables are much cheaper than flesh, and because by drinking no more strong liquors than is really needful, money will be saved for better uses.

I may here observe, that most diseases are contracted by excess of eating or drinking, and the neglect of sufficient exercise; whence arise various morbid qualities in the blood.

It is very manifest, that those people are most healthy, strong, and active, who are most moderate in their diet.

The experience of Daniel and his companions is a demonstration of this truth: They chose to live on *pulse* (or vegetable food) and *water*; and, with this diet, their countenances appeared fairer, and fatter in flesh, than all those which did eat the portion of the King's meat, and drank his wine.

The case of Sampson is a proof that a man may be exceeding strong, without drinking any spirituous liquors. The long experience of the Rechabites, who never drank wine all their days, neither their wives, nor their sons, nor their daughters, is

is an undeniable evidence that people may enjoy health and strength without the use of strong drink.

It may be added, that the strength of the Ox for labour, the strength and sprightliness of the Horse for various services, (whose bodies are made of flesh and blood as ours, and whose diet is of vegetables and water) do prove, that strong liquors are not necessary to render animal bodies robust and active ; and indeed they are not necessary to those who enjoy health and strength without them : but to many others, the moderate and right use of them is needful and beneficial ; and to Patients, in some cases, even in fevers, I have advised wine or brandy in water, to their great benefit.

It will be a very happy event, if these observations shall convince people that their opinion is groundless, and prevail with them to leave off the pernicious practice which is one consequence of it.

I shall now give directions for a nourishing and healthful diet for the Poor, first specifying the materials of it, *i. e.* Wheat, Rye, Barley, Oats, Beans, Pease, and the other vegetables raised in gardens ; Milk, Butter, Cheese, Salt, Ginger, and Pepper, and sometimes Flesh or Fish, and Strong Beer or Cyder, when the Poor want, and can afford it.

1. As to Bread. Besides the common household bread of this town, in times of scarcity, bread may be made of barley meal, or of rye, or of both mixed, and the dough made up in the form of our common loaves, or made into cakes, and baked on plates of iron, like our muffins and oat-cakes.

2. For dinners with animal food. Take one pound of a shin or neck of beef, or sheep trotters, or calves, or neat's, or hogs feet separated from the bones, or tripe, and cut it into pieces about as big as nutmegs, and stew it in two quarts of pease soup, or with wheat flour, or with barley meal, or with rice, whole or in flour (if cheap) or with bread, to the consistence of what is called a Hasty Pudding, with herbs, or with or without onions, seasoned with salt and pepper, or the powder of ginger, to the palate, or seasoned with thyme, sage, or mint, and then eat with bread.

A dinner of any one of the above mentioned messes will be very nourishing, healthful, and agreeable to the palate.

The quantity may be increased, according to the number of persons in the family. They may use other parts of beef and mutton, &c. and sometimes increase the proportion of flesh when they can afford it.

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I should advise all persons to conclude their dinner with eating the quantity of a nutmeg or two of old Cheshire, or double Gloucestershire cheese, on the account of its efficacy against flatulencies. I speak from my long experience, who seldom eat cheeze at any other time.

As for the Children of the Poor, I advise, that sometimes their breakfast be on dry bread, and then their drink to be tea made with the bark of elm, and milk with it, especially if they have any scorbatic itching humours; and their supper to be early, and sometimes on dry bread, with baked pears or apples.

As for strong drink, that which is called Porter in this town, is most beneficial, except that which is called Gill Ale; and they who must have it, I think one pint, or two at most, is a sufficient quantity in one day.

The Rev. Mr. Edward Terry (Chaplain to Sir Thomas Rowe, late Ambassador to the Great Mogul, and with him resided at that Court,) gives the following account of the diet of the people in the East-Indies: He says, "Though they have abundance of flesh and fowl, and have fish too, yet are they temperate in all of them. — They eat very little of them alone to make their full meals of them, for

they dress no kind of flesh in great pieces, or whole joints, nor scarce any of their fowls whole. For boiling of flesh in water, or baking, or roasting any flesh, are pieces of cookery they know not; but they stew all the flesh, as their kid and other venison, &c. cut into sippets, or slices, or little parts, to which they put onions, and herbs, and root ginger, (which they take green out of the earth) and other spices, with some butter; which ingredients, when they are well-proportioned, make a food that is exceeding pleasing to all palates. Water is their drink.

The meaner sort of people there eat Rice boiled with their green Ginger, and a little Pepper, after which they put butter into it, which is their principal dish, and but seldom eaten by them; but their ordinary food is made not of the flour of Wheat, but of a coarse, well-tasted grain, made up in round, broad, and thick cakes, which they bake upon their thin iron-plates, which they carry with them when they travel from place to place. When they have baked these cakes, they put a little butter on them; and, doubtless, the poor people find this a very hearty food, for they who live most upon it, are as strong as they could be, if they had their diet out of the King's kitchen."

# PRIMITIVE COOKERY;

O R

*E D E N* Display'd.

*To make Apple Fritters.*

B E A T the yolks of eight eggs, and the whites of four, well together, and strain them into a pan; then take a quart of cream, make it as hot as you can bear your finger in it, then put to it a quarter of a pint of sack, three quarters of a pint of ale, and make a posset of it. When it is cool put in your eggs, beating it well together;

gether ; then put in nutmeg, ginger, salt, and flour to your liking ; your batter should be pretty thick ; then put in pippins sliced or scraped, and fry them in a good deal of butter quick.

*To make Apple Frazes.*

C U T your apples in thick slices, and fry them of a fine light brown ; take them up, and lay them to drain, keep them as whole as you can, and either pare them or let it alone ; then make a batter as follows : take five eggs, leaving out two whites, beat them up with cream and flour, and a little sack ; make it the thickness of a pancake batter, pour in a little melted butter, nutmeg, and a little sugar. Let your batter be hot, and drop in your fritters, and on every one lay a slice of apple, and then more batter on them. Fry them of a fine light brown ; take them up, and strew some double refined sugar all over them.

*To make Pupton of Apples.*

P A R E some apples, take out the cores, and put them into a skillet : to a quart mafull heaped, put in a quarter of a pound of sugar, and two spoonfols of water. Do them over a slow fire, keep them stirring, adding a little cinnamon ; when it is quite thick, and like a marmalade, let

it stand till cool. Beat up the yolks of four or five eggs, and stir in a handful of grated bread and a quarter of a pound of fresh butter ; then form it into what shape you please, and bake it in a slow oven, and then turn it upside-down on a plate, for a second course.

*To bake Apples whole.*

PUT your apples into an earthen pan, with a few cloves, and a little lemon-peel, some coarse sugar, a glass of red wine ; put them into a quick oven, and they will take an hour baking.

*To make an Apple Pudding.*

Take twelve large pippins, pare them, and take out the cores, put them into a saucepan, with four or five spoonfuls of water. Boil them till they are soft and thick ; then beat them well, stir in a quarter of a pound of butter, a pound of loaf sugar, the juice of three lemons, the peel of two lemons cut thin, and beat fine in a mortar ; the yolks of eight eggs beat ; mix all well together, bake it in a slack oven ; when it is near done, throw over a little fine sugar. You may bake it in a puff paste, as you do other puddings.

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*To make an Apple Pye.*

MAKE a good puff paste crust, lay some round the sides of the dish, quarter your apples, and take out the cores, lay a row of apples thick, throw in half the sugar you design for your pye, mince a little lemon peel fine, throw over and squeeze a little lemon over them, then a few cloves, here and there one, then the rest of your apples, and the rest of your sugar. You must sweeten to your palate, and squeeze a little more lemon. Boil the peeling of the apples and the cores in some fair water, with a blade of mace, till it be very good ; strain it and boil the syrup with a little sugar, till there is but very little and good, pour it into your pye, put on your upper crust and bake it. You may put in a little quince or marmalade, if you please.

Thus make a pear pye but do not put in quinces.

*To make Apple Dumplings.*

MAKE a good puff paste crust, roll it out a little thicker than a crown piece, pare some large apples, and roll every apple in a piece of this paste, tie them close in a cloth separate, boil them an hour, and take out the core, take a tea spoonful of lemon peel shred as fine as possible, just give it a boil in two spoonfuls of rose and orange-

orange-flower water. In each dumpling put a tea-spoonful of this liquor, sweeten the apple with fine sugar, pour in some melted butter, and lay on your piece of crust again. Lay them in your dish, and throw fine sugar all over them.

*To make an Apricot Pudding.*

**CODDLE** six apricots very tender, break them very small, sweeten them to your taste. When they are cold, add six eggs, only two whites, well beat; mix them well together with a pint of good cream, lay a puff paste all over your dish, and pour in your ingredients. Bake it half an hour; don't let the oven be too hot; when it is enough, throw a little fine sugar all over it, and send it to table hot.

*How to make the thin Apricot Chips.*

**TAKE** your apricots or peaches, pare them and cut them very thin into chips, and take three quarters of their weight in sugar, it being finely searced; then put the sugar and the apricots into a pewter dish, and set them upon coals; and when the sugar is all dissolved, turn them upon the dish out of the syrup, and so set them up. Keep them turning till they have drank up the syrup; be sure they never boil. They must

must be warmed in the syrup once every day, and so laid out upon the edge of the dish, till all the syrup be drank.

*To dress Artichokes.*

WRING off the stalks, and put them into the water cold, with the tops downwards, that all the dust and sand may boil out. When the water boils, an hour and an half will do them.

*Artichoke Soup.*

WASH the bottoms of the artichokes, and boil them in blanched water, putting in a large piece of butter, kneaded up with a little flour and salt. When they are boiled, take them out, mash them, and strain them through a sieve, as you do pease; then let them simmer in a stew-pan over a gentle fire, putting in butter, salt, pepper, nutmeg, and cloves pounded in a mortar, also a bunch of young onions, thyme, and a bay leaf. When it is almost ready, pound in a mortar some blanched sweet almonds, candied lemon-peel, biscuits, bitter almonds, yolks of hard eggs, sugar, and a little orange-flower water; put this to your soup, set it a little over the fire, and then serve it.

*A Fri-*

*A Fricasey of Artichoke Bottoms.*

TAKE them either dried or pickled; if dried, you must lay them in warm water for three or four hours, shifting the water two or three times; then have ready a little cream, and a piece of fresh butter, stirred together one way over the fire till it is melted, then put in the artichokes, and when they are hot dish them up.

*To fry Artichokes.*

FIRST blanch them in water, then flour them, fry them in fresh butter, lay them in your dish, and your melted butter over them. Or you may put a little red wine into the butter, and season with nutmeg, pepper, and salt.

*To fry Artichoke Bottoms.*

LAY them in water as above; then have ready some butter hot in the pan, flour the bottoms, and fry them. Lay them in your dish, and pour melted butter over them.

*To ragoo Artichoke Bottoms.*

TAKE twelve bottoms, soften them in warm water, as in the foregoing receipts: take half a pint of water, a piece of strong soup, as big as a small walnut, half

a spoonful of catchup, five or six dried mushrooms, a tea-spoonful of the mushroom-powder, set it on the fire, shake all together, and let it boil softly two or three minutes. Let the last water you put to the bottoms boil; take them out hot, lay them in your dish, pour the sauce over them, and send them to table hot.

*Artichoke Suckers dressed the Spanish Way.*

CLEAN and wash them, and cut them in half; then boil them in water, drain them from the water, and put them into a stew-pan, with a little oil, a little water, and a little vinegar; season them with pepper and salt; stew them a little while, and thicken them with yolks of eggs.

They make a pretty garnish done thus; clean them, and half boil them; then dry them, flour them, and dip them in yolks of eggs, and fry them brown.

*To dress Asparagus.*

SCRAPE all the stalks very carefully till they look white, then cut all the stalks even alike, throw them into water, and have ready a stew-pan boiling. Put in some salt, and tie the asparagus in little bundles. Let the water keep boiling, and when they are a little tender take them up. If you boil them too much you lose both colour

colour and taste. Cut the round of a small loaf about half an inch thick, toast it brown on both sides, dip it in the asparagus liquor, and lay it in your dish : pour a little butter over the toast, then lay your asparagus on the toast all round the dish, with the white tops outward. Don't pour butter over the asparagus, for that makes them greasy to the fingers, but have your butter in a bason, and send it to table.

*Asperagus Soup.*

T A K E some good broth, and boil in it a large brown toast (which must be strained off before your asparagus is put in) a little flour sifted from oatmeal, and three or four handfuls of asparagus cut small, so far as they are green, some spinage, beet, celery, parsley, and what herbs you like. Then bake some toasts of bread, butter them, and pour your soup upon them ; then season it as you like.

*A Ragoo of Asparagus.*

S C R A P E a hundred of grases very clean, and throw it into cold water. When you have scraped all, cut as far as is good and green, about an inch long, and take two heads of endive clean washed and picked, cut it very small, a young lettuce clean washed and cut small, a large onion

cut small ; put a quarter of a pound of butter into a stew-pan, when it is melted throw in the above things : toss them about, and fry them ten minutes ; then season them with a little pepper and salt, shake in a little flour, toss them about, then pour in half a pint of gravy. Let them stew till the sauce is very thick and good ; then pour all into your dish. Save a few of the little tops of the grass to garnish the dish.

*To dress Asparagus and Eggs.*

TOAST a toast as big as you have occasion for, butter it and lay it in your dish, butter some eggs as above, and lay over it. In the mean time boil some grass tender, cut it small, and lay it over the eggs. This makes a pretty side dish for a small course, or a corner-plate.

*Asparagus dressed the Spanish Way.*

TAKE the asparagus, break them in pieces, then boil them soft, and drain the water from them ; take a little oil, water and vinegar, let it boil, season it with pepper and salt, throw in the asparagus, and thicken with yolks of eggs.

Endive done this way is good ; the Spaniards add sugar, but that spoils them. Green pease done as above are very good ; only add a lettuce cut small, and two or three onions, and leave out the eggs.

*To dress Windsor Beans.*

TAKE the seed, boil them till they are tender ; then blanch them, and fry them in clarified butter. Melt butter with a drop of vinegar, and pour over them. Strew them with salt, pepper, and nutmeg.

Or you may eat them with butter, sack, sugar, and a little powder of cinnamon.

*To dress Beans in Ragoo.*

YOU must boil your beans so that the skins will slip off. Take about a quart, season them with pepper, salt, and nutmeg, then flour them, and have ready some butter in a stew-pan, throw in your beans, fry them of a fine brown, then drain them from the fat, and lay them in your dish. Have ready a quarter of a pound of butter melted, and half a pint of the blanched beans boiled, and beat in a mortar, with a very little pepper, salt, and nutmeg ; then by degrees mix them in the butter, and pour over the other beans. Garnish

with a boiled and fried bean, and so on till you fill the rim of your dish. They are very good without frying, and only plain butter melted over them.

*Beans ragoo'd with Parsnips.*

TAKE two large parsnips, scrape them clean, and boil them in water. When tender take them up, scrape all the soft into a sauce-pan, add to them four spoonfuls of cream, a piece of butter as big as a hen's egg, chop them in the sauce-pan well; and when they are quite thick, heap them up in the middle of the dish and the ragoo round.

*Beans ragoo'd with Potatoes.*

BOIL two pounds of potatoes soft, then peel them, put them into a sauce-pan, put to them half a pint of milk, stir them about, and a little salt; then stir in a quarter of a pound of butter, keep stirring all the time till it is so thick, that you can't stir the spoon in it hardly for stiffness, then put it into a halfpenny Welch dish, first buttering the dish. Heap them as high as they will lie, flour them, pour a little melted butter over it, and then a few crumbs of bread. Set it into a tin oven before

before the fire ; and when brown, lay it in the middle of the dish, (take great care you don't mash it) pour your ragoo round it, and send it to table hot.

*An Amulet of Beans.*

**BLANCH** your beans, and fry them in sweet butter, with a little parsley, pour out the butter, and pour in some cream. Let it simmer, shaking your pan; season with pepper, salt, and nutmeg, thicken with three or four yolks of eggs, have ready a pint of cream, thickened with the yolks of four eggs, season with a little salt, pour it in your dish, and lay your beans on the amulet, and serve it up hot.

The same way you may dress mushrooms, truffles, green pease, asparagus, and artichoke bottoms, spinage, sorrel, &c. all being first cut into small pieces, or shred fine.

*Beans dressed the German Way.*

**TAKE** a large bunch of onions, peel and slice them, a great quantity of parsley washed and cut small, throw them into a stew-pan, with a pound of butter; season them well with pepper and salt, put two quarts of beans, cover them close, and let them do

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till the beans are brown, shaking the pan often. Do pease the same way.

*To dress Broccoli.*

STRIP all the little branches off till you come to the top one, then with a knife peel off all the hard outside skin, which is on the stalk and little branches, and throw them into water. Have a stew-pan of water with some salt in it: when it boils put in the broccoli, and when the stalks are tender it is enough, then send it to table with butter in a cup. The French eat it with vinegar and oil.

*Broccoli in Sallad.*

BROCCOLI is a pretty dish, by way of sallad. Boil it like asparagus, lay it in your dish, beat up oil and vinegar, and a little salt. Garnish with sterton-buds.

*Broccoli and Eggs.*

BOIL your broccoli tender, saving a large bunch for the middle, and six or eight little thick sprigs to stick round. Take a toast half an inch thick, toast it brown, as big as you would have it for your dish or butter plate, butter some eggs thus: Take six eggs more or less, as you have occasion, beat them well, put them into a sauce-pan with

with a good piece of butter, a little salt, keep beating them with a spoon till they are thick enough, then pour them on the toast; set the biggest bunch of broccoli in the middle, and the other little pieces round and about, and garnish the dish round with little sprigs of broccoli. This is a pretty side dish, or a corner-plate.

*To dress Cabbages, &c.*

CABBAGE, and all sorts of young sprouts, must be boiled in a great deal of water. When the stalks are tender, or fall to the bottom, they are enough; then take them off before they lose their colour. Always throw salt in your water before you put your greens in. Young sprouts you send to table just as they are, but cabbage is best chopped, and put into a sauce-pan with a good piece of butter, stirring it for about five or six minutes, till the butter is all melted, and then send it to table.

*Red Cabbage dressed after the Dutch Way,  
good for a Cold in the Breast.*

TAKE the cabbage, cut it small, and boil it soft, then drain it, and put it in a stew-pan, with a sufficient quantity of oil and butter, a little water and vinegar, and

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an onion cut small ; season it with pepper and salt, and let it simmer on a slow fire, till all the liquor is wasted.

*To make a Cherry Pye.*

MAKE a good crust, lay a little round the sides of your dish, throw sugar at the bottom, and lay in your fruit and sugar at top. A few red currants does well with them ; put on your lid, and bake in a slack oven.

Make a plum pye the same way, and a gooseberry pye. If you would have it red, let it stand a good while in the oven, after the bread is drawn. A custard is very good with the gooseberry pye.

*To make Carrot Pudding.*

SCRAPE your carrots clean and grate them ; to half a pound of carrots put a pound of grated bread, a nutmeg, a little cinnamon, salt, half a pound of sugar, half a pint of sack, eight eggs, a pound of melted butter, as much cream as will mix it together ; stir it and beat it up well, then sheet a dish with puff paste, and send it to the oven.

*Another Way.]* Boil a large carrot tender, let it cool, and pass it through a sieve very

very fine; put to it half a pound of melted butter, beaten with eight yolks and four whites of eggs, three spoonfuls of sack, one of orange flower water, half a pint of cream, a nutmeg, bread grated, and a little salt. Make it of a moderate thickness, and give it the same baking as a custard.

*Another Way.]* Let two carrots be three quarters boiled; then shred them small and mix with an equal quantity of grated bread a pound of beef suet shred small, some cream, six eggs, half a nutmeg, sugar and salt. Either boil it or bake it; if boiled sauce it with butter, lime juice and sugar.

### *A Ragoo of Celery.*

BOIL your celery, squeeze it, and then put it into a sauce-pan with some thin cutlets of veal and ham, and let it simmer over the fire. When it is enough, put in a bit of butter as big as a walnut, worked up with a little flour, and a drop of vinegar, and then serve it up.

### *To stew Celery.*

BOIL it, and then put it in cold water; then drain it, and squeeze it well, and put it into your saucepan with some butter, a little

little flour, bacon, cloves, and mace; just cover it with veal broth, a little salt and pepper. When it is boiled as thick as cream, pour over it a little drawn butter, and shake it till it sticks together like a fricassey. Then slide it into your dish, first taking out the bacon, cloves, and mace. Garnish with small toasts of bread.

*Celery with Cream.*

TIE up your bunches and boil them tender; then cut them into bits three inches long, then put to them half a pint of cream, four yolks of eggs, a little butter, and season it with salt. Shake it together and serve it.

*To fry Celery.*

BOIL it half an hour, and let it cool, then make a batter with Rhenish wine, the yolks of eggs, and a little flour and salt, dip every head in, and fry them with clarify'd butter, and melted butter for sauce.

*Chardoons fried and buttered.*

THEY are a wild thistle that grow in every ditch or hedge. You must cut them about ten inches, string them, tie them up twenty in a bundle, and boil them like asparagus: Or you may cut them in small bits, and boil them as pease, and toss them up with pepper, salt, and melted butter.

*Chardoons buttered.*

BLANCH your chardoons, and cut out the strings, and leave them two inches long, then boil them in salt and water with a little fat bacon or butter. When tender, strain them, and toss them up with melted butter, pepper and salt.

*Chardoons with Cheese.*

CUT them in bits an inch long, after they are stringed, then stove them in gravy till tender, season them with pepper and salt, and squeeze in an orange, thicken it with butter brown'd with flour. Put it in your dish, and cover it all over with Parmesan or Cheshire cheese, and then brown

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it all over with a hot cheese iron, and serve it up.

*Another Way to dress Chardoons.*

Pick them, cut them in bits and wash them, blanch them in water with a little salt, slices of lemon, beef suet, and lards of bacon. Drain them, and put them in a stew-pan, with gravy, marrow, a bunch of sweet herbs, and a little grated cheese, then season and stew them. When they are tender, take off the fat, brown them with a hot fire shovel, put a little vinegar to them, and serve them.

*To dress Cauliflowers.*

TAKE your flowers, cut off all the green part, and then cut the flowers into four, and lay them into water for an hour, then have some milk and water boiling, put in the cauliflower, and be sure to skim the sauce-pan well. When the stalks are tender, take them carefully up, and put them into a cullender to drain: then put a spoonful of water into a clean stew-pan, with a little dust of flour, about a quarter of a pound of butter, and shake it round till it is all finely melted, with a little pepper and salt; then take half the cauliflower,

flower, and cut it as you would for pickling, lay it into the stew-pan, turn it, and shake the pan round. Ten minutes will do it. Lay the stewed in the middle of your plate, and the boiled round it. Pour the butter you did it in over it, and send it to table.

*Cauliflower fry'd.*

TAKE two fine cauliflowers, boil them in milk and water, then leave one whole, and pull the other to pieces; take half a pound of butter, with two spoonfuls of water, a little dust of flour, and melt the butter in a stew-pan; then put in the whole cauliflower cut in two, and the other pulled to pieces, and fry it till it is of a very light brown. Season it with pepper and salt. When it is enough, lay the two halves in the middle, and pour the rest all over.

*Cauliflowers dressed the Spanish way.*

BOIL them, but not too much; then drain them, and put them into a stew-pan; to a large cauliflower put a quarter of a pint of sweet oil, and two or three cloves of garlic; let them fry till brown; then season them with pepper and salt, two or

three spoonfuls of vinegar; cover the pan very close, and let them simmer over a very slow fire an hour.

*To dress French Beans.*

F I R S T string them, then cut them in two, and afterwards a-cross; but if you would do them nice, cut the bean into four, and then a-cross, which is eight pieces. Lay them into water and salt, and when your pan boils put in some salt and the beans: when they are tender, they are enough; they will be soon done. Take care they do not lose their fine green. Lay them in a plate, and have butter in a cup.

*To ragoo French Beans.*

T A K E a few beans, boil them tender, then take your stew pan, put in a piece of butter, when it is melted, shake in some flour, and peel a large onion, slice it and fry it brown in that butter; then put in the beans, shake in a little pepper and a little salt, grate a little nutmeg in, have ready the yolk of an egg and some cream, stir them all together for a minute or two, and dish them up.

To

*To make a Harrico of French Beans.*

TAKE a pint of the seeds of French beans, which are ready dried for sowing, wash them clean, and put them into a two quart sauce-pan, fill it with water, and let them boil two hours; if the water wastes away too much, you must put in more boiling water to keep them boiling. In the mean time take half a pound of nice fresh butter, put it into a clean stew-pan, and when it is all melted, and done making any noise, have ready a pint bason heaped up with onions peeled and sliced thin, throw them into the pan, and fry them of a fine brown, stirring them about that they may be all alike, then pour off the clear water from the beans into a bason, and throw the beans all into the stew-pan; stir all together, and throw in a large tea-spoonful of beaten pepper, two heap'd full of salt, and stir it all together for two or three minutes. You may make this dish of what thickness you think proper (either to eat with a spoon or otherways) with the liquor you poured off the beans. For change, you may make it thin enough for soup. When it is of the proper thickness you like it, take it off the fire, and stir in a large spoonful of vinegar, and the yolks

of two eggs beat. The eggs may be left out, if disliked. Dish it up, and send it to table.

*To make a Gooseberry Fool.*

TAKE two quarts of gooseberries, set them on the fire in about a quart of water. When they begin to simmer, turn yellow, and begin to plump, throw them into a cullender to drain the water out ; then with the back of a spoon carefully squeeze the pulp, throw the sieve into a dish, make them pretty sweet, and let them stand till they are cold. In the mean time take two quarts of new milk, and the yolks of four eggs beat up with a little grated nutmeg ; stir it softly over a slow fire, when it begins to simmer, take it off, and by degrees stir it into the gooseberries. Let it stand till it is cold, and serve it up. If you make it with cream, you need not put any eggs in : and if it is not thick enough, it is only boiling more gooseberries. But that you must do as you think proper.

*A white Fricasey of Mushrooms.*

TAKE a quart of fresh mushrooms, make them clean, put them into a saucepan, with three spoonfuls of water and three

three of milk, and a very little salt, set them on a quick fire, and let them boil up three times ; then take them off, grate in a little nutmeg, put in a little beaten mace, half a pint of thick cream, a piece of butter rolled well in flour, put it all together into the sauce-pan, and mushrooms all together, shake the sauce-pan well all the time. When it is fine and thick, dish them up ; be careful they do not curdle. You may stir the sauce-pan carefully with a spoon all the time.

*To ragoo Mushrooms.*

PEEL and scrape the flaps, put a quart into a sauce-pan, a very little salt, set them on a quick fire, let them boil up, then take them off, put to them a gill of red wine, a quarter of a pound of butter rolled in a little flour, a little nutmeg, a little beaten mace, set it on the fire, stir it now and then ; when it is thick and fine, have ready the yolks of six eggs hot and boiled, in a bladder hard, lay it in the middle of your dish, and pour the ragoo over it. Garnish with broiled mushrooms.

*To make a Ragoo of Onions.*

TAKE a pint of little young onions, peel them, and take four large ones; peel them, and cut them very small; put a quarter of a pound of good butter into a stew-pan, when it is melted and done making a noise, throw in your onions, and fry them till they begin to look a little brown; then shake in a little flour, and shake them round till they are thick; throw in a little salt, a little beaten pepper, a quarter of a pint of good gravy, and a tea-spoonful of mustard. Stir all together, and when it is well tasted and of a good thickness, pour it into your dish, and garnish it with fried crumbs of bread and raspings. They make a pretty little dish, and are very good. You may stew raspings in the room of flour, if you please.

*To make an Onion Soup.*

TAKE half a pound of butter, put it into a stew-pan on the fire, let it all melt, and boil it till it has done making any noise; then have ready ten or a dozen middling onions peeled and cut small, throw them into the butter, and let them fry a quarter of an hour; then shake in a little

little flour, and stir them round; shake your pan, and let them do a few minutes longer, then pour in a quart or three pints of boiling water, stir them round, take a good piece of upper crust, the stalest bread you have, about as big as the top of a penny loaf cut small, and throw it in. Season with salt to your palate. Let it boil ten minutes, stirring it often; then take it off the fire, and have ready the yolks of two eggs beat fine, with half a spoonful of vinegar, mix some of the soup with them, then stir it into your soup, and mix it well, and pour it into your dish. This is a delicious dish.

*To make an Onion Pye.*

WASH and pare some potatoes, and cut them in slices; peel some onions, cut them in slices, pare some apples, and slice them, make a good crust, cover your dish, lay a quarter of a pound of butter all over, take a quarter of an ounce of mace beat fine, a nutmeg grated, a tea-spoonful of beaten pepper, three tea-spoonfuls of salt, mix all together, strew some over the butter, lay a layer of potatoes, a layer of onion, a layer of apples, and a layer of eggs, and so on till you have filled your pye, strewing a little of the seasoning between each layer,

layer, and a quarter of a pound of butter in bits, and six spoonfuls of water. Close your pye, and bake it an hour and a half. A pound of potatoes, a pound of onions, a pound of apples, and twelve eggs, will do.

*To make an Onion Soup the Spanish Way.*

TAKE two large Spanish onions, peel and slice them ; let them boil very softly in half a pint of sweet oil till the onions are very soft ; then pour on them three pints of boiling water ; season with beaten pepper, salt, a little beaten clove and mace, two spoonfuls of vinegar, a handful of parsley washed clean, and chopped fine ; let it boil fast a quarter of an hour ; in the mean time, get some sippets to cover the bottom of the dish, fried quick, not hard ; lay them in the dish, and cover each sipper with a poached egg ; beat up the yolks of two eggs, and throw over them ; pour in your soup, and send it to table.

Garlick and sorrel done the same way, eats well.

*To dress Potatoes.*

SOME people, when they are boiled, have a sauce ready to pour over them, made with butter, salt, and pepper ; others use

use gravy sauce, others ketchup, and some eat them boiled with only pepper and salt; some cut the large ones in slices, and fry them with onions, others stew them with salt, pepper, ale, or water. It is a common way also to boil them first, and then peel them, and lay them in the dripping-pan under roasting meat. Another way very much used in Wales, is to bake them with herrings, mixed with layers of pepper, vinegar, salt, sweet herbs, and water. Also they cut mutton in slices, and lay them in a pan, and on them potatoes and spices, then another layer of the same with half a pint of water; this they stew, covering all with cloths round the stew-pan, and account it excellent.

The Irish have several ways of eating them; the poorer sort eat them with salt only, after they are boil'd; others with butter and salt, but most with milk and sugar. Also, when they can get a piece of pork, bacon, or salt beef, they account it excellent with boiled potatoes.

*Another Way,* Is to mash boiled potatoes, and then put them into bacon or pork broth, with spice, pepper, and sweet herbs, which is something like pease soup.

*Another Way,* Is to mash boiled potatoes very fine; then take sweet herbs dried and beaten small, with spice, butter and salt, mixed

mixed all together. This is an excellent pudding to put in the bellies of Rabbits, Hares, Fish, &c. when roasted.

*Another Way.* Is to mash them after the potatoes are boiled, and then with a mixture of other ingredients, they will make a composition for skin-puddings.

*Another Way.]* Potatoes boiled, pulped, and mixed with milk and salt into a dough, will make good cakes to bake.

### *To make Potatoe-Bread.*

TAKE as much boiled pulp of potatoes as wheaten flour, and knead them together, as common dough is done for bread.

### *To make Potatoe-Pudding.*

BOIL, peel, and then beat them in a mortar. Take three pound of this pulp, and one pound of butter, whole oatmeal, currants, six eggs, pepper, salt, and grated nutmeg; beat all well together in the mortar for boiling or baking. When it is done, make a hole in the middle or top, and pour in melted butter.

*Another Way.]* Add to the pulp of potatoes a fourth part weight of marrow, and season it with orange-juice, orange-flower water, beaten spices and rose-water; lay this

this in a prepared paste, in a dish, and bake it in a gentle oven. When ready, pour some sweetened cream over it.

*Another Way.]* Mix potatoe pulp with apples chopt small, cream, and loaf sugar, powder of cinnamon and cloves; put all into a paste, and bake it in a slow oven.

*Another Way.]* Mix potatoe pulp with fat bacon, finely cut, oatmeal whole, currants, pepper and salt, which bake in a pan.

### To fry Potatoes.

When they are boiled and sliced, have yolks of eggs ready beaten up, with a grated nutmeg or two. When the pan is hot, dip the slices in the yolks of eggs, and put them in your pan; when they are fried on both sides, pour over them butter, sugar, and rose water.

### To make Potatoe Fritters.

BOIL, and then mix the pulp with milk, cloves, cinnamon, and loaf sugar powdered. To this put minced apples, and fry them, as common fritters, in hog's lard.

*Another Way.]* To the pulp put cream, and mix pepper, salt and currants with

them for a batter, or if you think proper, you may add chopt beef suet.

*To make Potatge Pye.*

BOIL potatoes (not too much) cut them in slices as thick as your thumb, season them with nutmeg, cinnamon, ginger and sugar; your paste being ready, put them in upon the bottom; add to them the marrow of two or three bones, seasoned as before, a handful of stoned raisins of the sun, dates, mango, citron, with eringo roots sliced; put butter over it, and bake them. Let their layer be a little vinegar, sack and sugar, beaten up with the yolk of an egg, and a little drawn butter; when your pye is enough, put it in, shake it together, scrape over sugar, garnish it, and serve it up.

The common way of dressing Potatoes for families is to boil them, peel them, and slice them; when this is done, put them into a dish with boiled salt fish, or with a piece of bacon, or with pickled pork, powdered beef, or under a shoulder or leg of mutton. In short, they may be used with almost any kind of meat, dressed in any manner; and it is the best root in

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the world for supplying the place of bread and meat, for it is nourishing, pleasant, and not cloying.

### To make Biscuits of Potatoes.

BOIL your Potatoes till they are tender, then peel them, and take their weight of fine sugar finely sifted; grate some lemon-peel on the sugar, and then beat the potatoes and sugar together in a mortar with some butter, a little mace or cloves finely sifted, and a little gum-dragon steeped in orange-flower water, or rose-water, till it becomes a paste; then make it into cakes with sugar finely powdered, and dry them in a gentle oven.

### To dress Parsnips.

**THEY** should be boiled in a great deal of water, and when you find they are soft, (which you will know by running a fork in them) take them up, and carefully scrape all the dirt off them, and then with a knife scrape them all fine, throwing away all the sticky parts; then put them into a saucepan with some milk, and stir them over the fire till they are thick. Take great care they don't burn, and add a good piece of

butter and a little salt, and when the butter is melted send them to table.

*To stew Parsnips.*

BOIL them tender, scrape them from the dust, cut them into slices, put them into a sauce-pan, with cream enough; for sauce, a piece of butter rolled in flour, a little salt, and shake the sauce-pan often. When the cream boils, pour them into a plate for a corner dish, or a side dish at supper.

*To mash Parsnips.*

BOIL them tender, scrape them clean, then scrape all the soft into a sauce-pan, put as much milk or cream as will stew them. Keep them stirring, and when quite thick, stir in a good piece of butter, and send them to table.

*To stew Pears.*

PARE six pears, and either quarter them, or do them whole; they make a pretty dish with one whole, the rest cut in quarters, and the cores taken out. Lay them in a deep earthen pot, with a few cloves, a piece of lemon-peel, a gill of red wine,

wine, and a quarter of a pound of fine sugar. If the pears are very large, they will take half a pound of sugar, and half a pint of red wine; cover them close with brown paper, and bake them till they are enough.

Serve them hot or cold, just as you like them, and they will be very good with water in the place of wine.

#### *To stew Pears in a Sauce-pan.*

PUT them into a sauce-pan, with the ingredients as before; cover them, and do them over a slow fire. When they are enough take them off.

#### *To stew Pears purple.*

PARE four pears, cut them into quarters, core them, put them into a stew-pan, with a quarter of a pint of water, and a quarter of a pound of sugar, cover them with a pewter plate, then cover the pan with the lid, and do them over a slow fire. Look at them often, for fear of melting the plate; when they are enough, and the liquor looks of a fine purple, take them off, and lay them in your dish with the liquor; when cold serve them up for a side

dish at a second course, or just as you please.

### *Stewed Pease and Lettuce.*

TAKE a quart of green pease, two nice lettuces clean washed and picked, cut them small across, put all into a sauce-pan, with a quarter of a pound of butter, pepper and salt to your palate; cover them close, and let them stew softly, shaking the pan often. Let them stew ten minutes, then shake in a little flour, toss them round, and pour in half a pint of good gravy; put in a little bundle of sweet herbs and an onion, with three cloves, and a blade of mace stuck in it. Cover it close, and let them stew a quarter of an hour; then take out the onion and sweet herbs, and turn it all into a dish. If you find the sauce not thick enough, shake in a little more flour, and let it simmer, then take it up.

### *A Pease Soup.*

BOIL a quart of split pease in a gallon of water; when they are quite soft, put in half a red herring, or two anchovies, a good deal of whole pepper, black and white, two or three blades of mace, four

or

or five cloves, a bundle of sweet herbs, a large onion, and the green tops of a bunch of celery, a good bundle of dried mint; cover them close, and let them boil softly till there is about two quarts; then strain it off, and have ready the white part of the celery washed clean, and cut small, and stewed tender, in a quart of water, some spinach picked and washed clean, put to the celery; let them stew till the water is quite wasted, and put it to your soup.

Take a French roll, take out the crumb, fry the crust brown in a little fresh butter, take some spinach, stew it in a little butter, after it is boiled, and fill the roll; take the crumb, cut it to pieces, beat it in a mortar with a raw egg, a little spinach, and a little sorrel, a little beaten mace, and a little nutmeg, and an anchovy; then mix it up with your hand, and roll them into balls with a little flour, and cut some bread into dice, and fry them crisp; pour your soup into your dish, put in the balls and bread, and the roll in the middle. Garnish your dish with spinach; if it wants salt, you must season it to your palate, rub in some dried mint.

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*A green Pease Soup.*

TAKE a quart of old green pease, and boil them till they are quite tender as pap, in a quart of water; then strain them through a sieve, and boil a quart of young pease in that water. In the mean time put the old pease into a sieve, pour in half a pound of melted butter over them, and strain them through the sieve with the back of a spoon, till you have got all the pulp. When the young pease are boiled enough, add the pulp and butter to the young pease and liquor; stir them together till they are smooth, and season it with pepper and salt. You may fry a French roll, and let it swim in the dish. If you like it, boil a bundle of mint in the pease.

*Another green Pease Soup.*

TAKE a quart of green pease, boil them in a gallon of water, with a bundle of mint, and a few sweet herbs, mace, cloves, and whole pepper, till they are tender; then strain them, liquor and all, through a sieve, till the pulp is strained. Put this liquor into a sauce-pan, put to it four heads of celery clean washed and cut small, a handful of spinach clean washed and cut small,

small, a lettuce cut small, a fine leek cut; a quart of green pease, a little salt: cover them, and let them boil very softly till there is about two quarts, and that the celery is tender. Then send it to table.

If you like it, you may add a piece of burnt butter to it, about a quarter of an hour before the soup is enough.

*To make Pease Porridge.*

TAKE a quart of green pease, put them to a quart of water, a bundle of dried mint, and a little salt. Let them boil till the pease are quite tender; then put in some beaten pepper, a piece of butter as big as a walnut rolled in flour, stir it all together, and let it boil a few minutes: then add two quarts of milk, let it boil a quarter of an hour, take out the mint, and serve it up.

*To make a Pease Pudding.*

BOIL it till it is quite tender, then take it up, untie it, stir in a good piece of butter, a little salt, and a good deal of beaten pepper, then tie it up tight again, boil it an hour longer, and it will eat fine.

*Skillet.*

*Skirret Fritters.*

TAKE a pint of the pulp of skirrets, a spoonful of flour, yolks of eggs, sugar, and spice; make it into a thick batter, and fry them out in fritters.

*To fricassey Skirrets.*

WASH the roots very well, and boil them till they are tender; then the skin of the roots must be taken off, cut in slices, and have ready a little cream, a piece of butter rolled in flour, the yolk of an egg beat, a little nutmeg grated, two or three spoonfuls of white wine, a very little salt; and stir all together. Your roots being in the dish, pour the sauce over them. It is a pretty side dish. So likewise you may dress root of salsify and scorzonera.

*To make a Skirret Pye.*

TAKE your skirrets and boil them tender, peel them, slice them, fill your pye, and take to half a pint of cream the yolk of an egg beat fine, with a little nutmeg, a little beaten mace and a little salt; beat all together well, with a quarter of a pound of

fresh

fresh butter melted, then pour in as much as your dish will hold, put on the top-crust and bake it half an hour. You may put in some hard yolks of eggs; if you cannot get cream, put in milk, but cream is best. About two pounds of the root will do.

*Sorrel with Eggs.*

FIRST your sorrel must be quite boiled and well strained, then poach three eggs soft and three hard, butter your sorrel well, fry some three-corner toasts brown, lay the sorrel in the dish, lay the soft eggs on it, and the hard between; stick the toast in and about it. Garnish with quartered onions.

*Spinach how to dress.*

PICK it very clean, and wash it in five or six waters; put it in a fauce-pan that will just hold it, throw a little salt over it, and cover the pan close. Don't put any water in, but shake the pan often. You must put your fauce-pan on a clear quick fire. As soon as you find the greens are shrunk and fallen to the bottom, and that the liquor which comes out of them boils up, they are enough. Throw them into a clean sieve

sieve to drain, and just give them a little squeeze.

*Stewed Spinach and Eggs.*

PICK and wash your spinach very clean, put it into a sauce-pan, with a little salt; cover it close, shake the pan often, when it is just tender, and whilst it is green, throw it into a sieve to drain, lay it into your dish. In the mean time have a stew-pan of water boiling, break as many eggs into cups as you would poach. When the water boils put in the eggs, have an egg-slice ready to take out with, lay them on the spinach, and garnish the dish with orange cut into quarters, with melted butter in a cup.

*To farce and stove whole Savoys.*

TAKE out the infides of two green savoys, fill one with force-meat, and the other without; then tie them up, and stove them with broth and gravy, season them with pepper, salt, and nutmeg; and when they are enough, thicken some gravy, and put in a little vinegar, so serve it.

*To butter Scorzonera.*

SCRAPE them, boil them tender, and cut them in bits; then squeeze in a lemon, with half a pint of cream, four ounces of butter, and a little salt and nutmeg. You may fry them also.

*A good Spring Soup.*

TAKE twelve cabbage-lettuces, six green cucumbers, pare them, and cut out the cores; then cut them in small pieces, scald them with boiling water, and then put them in broth; let them boil till very tender, with a handful of green peas, and some French roll.

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*A Number of LITTLE DISHES,  
Cheap and Good.*

*Collops and Eggs.*

CUT either bacon, pickled beef, or hung mutton, into thin slices; broil them nicely, lay them in a dish before the fire, have ready a stew-pan of water boiling, break as many eggs as you have collops, break them one by one in a cup, and pour them into the stew-pan. When the whites of the eggs begin to harden, and all look of a clear white, take them up one by one in an egg-slice, and lay them on the collops.

*To make Scotch Barley Broth.*

TAKE a leg of beef, chop it all to pieces, boil it in three gallons of water, with a piece of carrot and a crust of bread, till it is half boiled away; then strain it off, and put it into the pot again, with half a pound of barley, four or five heads of celery washed clean and cut small, a large onion, a bundle of sweet herbs, a little parsley chopped small, and a few marigolds. Let this boil an hour. Take a cock,

cock, or large fowl, clean picked and washed, and put it into the pot; boil it till the broth is quite good, then season with salt, and send it to table, with the fowl in the middle. This broth is very good without the fowl. Take out the onion and sweet herbs before you send it to table.

Some make this broth with a sheep's head, instead of a leg of beef, and it is very good; but you must chop the head all to pieces. The thick flank, about six pounds to six quarts of water, makes good broth; then put the barley in with the meat, first skim it well, boil it an hour very softly, then put in the above ingredients, with turnips and carrots clean scraped and pared, and cut it in little pieces. Boil all together softly, till the broth is very good; then season it with salt, and send it to table, with the beef in the middle, turnips and carrots round, and pour the broth over all.

*To make a Devonshire Squab Pye.*

MAKE a good crust, cover the dish all over, put at the bottom a layer of sliced pippins, strew over them some sugar, then a layer of mutton-steaks cut from the loin, well seasoned with pepper and salt, then another layer of pippins; peel some onions  
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ons and slice them thin, lay a layer all over the apples, then a layer of mutton, then pippins and onions, pour in a pint of water; so close your pye and bake it,

*To make an Egg Soup.*

BEAT the yolks of two eggs in your dish, with a piece of butter as big as an hen's egg, take a tea-kettle of boiling water in one hand, and a spoon in the other, pour in about a quart by degrees, then keep stirring it all the time well till the eggs are well mixed, and the butter melted; then pour it into a sauce-pan, and keep stirring it all the time till it begins to simmer. Take it off the fire, and pour it between two vessels, out of one into the other, till it is quite smooth, and has a great froth. Set it on the fire again, keep stirring it till it is quite hot; then pour it into the soup-dish, and send it to table hot.

*To make Rice Milk.*

TAKE half a pound of rice, boil it in a quart of water, with a little cinnamon, Let it boil till the water is all wasted; take great care it does not burn, then add three pints of milk, and the yolk of an egg beat up. Keep it stirring, and when it

it boils take it up. Sweeten to your palate.

*To make Furmity.*

TAKE a quart of ready-boiled wheat, two quarts of milk, a quarter of a pound of currants, clean picked and washed; stir these together, and boil them, beat up the yolks of three or four eggs, a little nutmeg, with two or three spoonfuls of milk, added to the wheat; stir them together for a few minutes. Then sweeten to your palate, and send it to table.

*To make buttered Wheat.*

PUT your wheat into a sauce-pan; when it is hot stir in a good piece of butter, a little grated nutmeg, and sweeten it to your palate.

*To make a Flour Hasty-Pudding.*

TAKE a quart of milk, and four bay-leaves, set it on the fire to boil, beat up the yolks of two eggs, and stir in a little salt. Take two or three spoonfuls of milk, and beat up with your eggs, and stir in your milk, then with a wooden spoon in one hand; and the flour in the other; stir it

it till it is of a good thickness, but not too thick. Let it boil, and keep it stirring, then pour it into a dish, and stick pieces of butter here and there. You may omit the egg, if you don't like it; but it is a great addition to the pudding, and a little piece of butter stirred in the milk, makes it eat short and fine. Take out the bay-leaves before you put in the flour.

*To make an Oatmeal Hasty-Pudding.*

TAKE a quart of water, set it on to boil, put in a piece of butter, and some salt; when it boils, stir in the oatmeal as you do the flour, till it is of a good thickness. Let it boil a few minutes, pour it in your dish, and stick pieces of butter in it; or eat with wine and sugar, or ale and sugar, or cream, or new milk. This is best made with Scotch oatmeal.

*To make a fine Hasty-Pudding.*

BREAK an egg into fine flour, and with your hand work up as much as you can into as stiff paste as is possible, then mince it as small as herbs to the pot, as small as if it were to be sifted; then set a quart of milk a-boiling, and put it in the  
paste

paste to cut: put in a little salt, a little beaten cinnamon; and sugar, a piece of butter as big as a walnut, and stirring all one way. When it is as thick as you would have it, stick in such another piece of butter here and there. Send it to table hot.

*To make basty Fritters.*

TAKE a stew-pan, put in some butter, and let it be hot: in the mean time take half a pint of all-ale not bitter, and stir in some flour by degrees in a little of the ale; put in a few currants, or chopped apples, beat them up quick, and drop a large spoonful at a time all over the pan. Take care they don't stick together, turn them with an egg-slice, and when they are of a fine brown, lay them in a dish, and throw some sugar over them. Garnish with orange cut into quarters.

*A pretty Dish of Eggs.*

BOIL six eggs hard, peel them and cut them into thin slices, put a quarter of a pound of butter into the stew-pan, then put in your eggs and fry them quick. Half a quarter of an hour will do them. You must be very careful not to break them, throw

throw over them pepper, salt, and nutmeg, lay them in your dish before the fire, pour out all the fat, shake in a little flour, and have ready two shalots cut small; throw them into the pan, pour in a quarter of a pint of white wine, a little juice of lemon, and a little piece of butter rolled in flour. Stir all together till it is thick; if you have not sauce enough, put in a little more wine, toast some slices of bread cut three-corner-ways, and lay round your dish, pour the sauce all over, and send it to table hot. You may put sweet oil on the toast, if it be agreeable.

*Eggs à la Tripe.*

BOIL your eggs hard, take off the shells, and cut them long-ways in four quarters, put a little butter into a stew-pan, let it melt, shake in a little flour, stir it with a spoon, then put in your eggs, throw a little grated nutmeg all over, a little salt, a good deal of shred parsley, shake your pan round, pour in a little cream, nor milk, toss the pan round carefully, that you don't break the eggs. When your sauce is thick and fine, take up your eggs, pour the sauce all over them, and garnish with lemon.

To

*To farce Eggs.*

GET two cabbage-lettuces, scald them, with a few mushrooms, parsley, sorrel, and chervil; then chop them very small, with the yolks of hard eggs, season'd with salt and nutmeg, then stew them in butter, and when they are enough, put in a little cream, then pour them into the bottom of a dish. Take the whites, and chop them very fine with parsley, nutmeg, and salt. Lay this round the brim of the dish, and run a red-hot fire shovel over it, to brown it.

*Eggs with Lettuce.*

SCALD some cabbage-lettuce in fair water, squeeze them well, then slice them and toss them up in a sauce-pan with a piece of butter; season them with pepper, salt, and a little nutmeg. Let them stew half an hour, chop them well together; when they are enough, lay them in your dish, fry some eggs nicely in butter and lay on them. Garnish with Seville orange.

To make Carolina Snow Balls.

TAKE half a pound of rice, wash it clean, divide it into six parts; take six apples, pare them and scoop out the cores, in which place put a lemon-peel shred very fine; then have ready some thin cloths to tie the balls in: put the rice in the cloth, and lay the apples on it; tie them up close; put them into cold water, and when the water boils, they will take an hour and a quarter boiling: be very careful how you turn them into the dish, that you don't break the rice, and they will look as white as snow, and make a very pretty dish. The sauce is, to this quantity, a quarter of a pound of fresh butter, melted thick; a glas of white wine, a little nutmeg and beaten cinnamon, made very sweet with sugar; boil all up together, and pour it into a basin, and send it to table.

To make a Carolina Rice Pudding.

TAKE half a pound of rice, wash it clean, put it into a sauce-pan, with a quart of milk, keep it stirring till it is very thick; take great care it don't burn; then turn it into a pan, and grate some nutmeg into it; and two spoonfuls of beaten cinnamon, a little

little lemon-peel shred fine, six apples pared and chopped small; mix all together with the yolks of three eggs, and sweetened to your palate; then tie it up close in a cloth; put it into boiling water, and be sure to keep it boiling all the time; an hour and a quarter will boil it. Melt butter and pour over it, and throw some fine sugar all over it; and a little wine in the sauce will be a great addition to it.

*To make a Pearl Barley Pudding.*

GET a pound of pearl barley, wash it clean; put to it three quarts of new milk, and half a pound of double refined sugar, a nutmeg grated; then put it into a deep pan, and bake it with brown bread. Take it out of the oven, beat up six eggs; mix all well together, butter a dish, pour it in, bake it again an hour, and it will be excellent.

*To make a Batter Pudding.*

TAKE a quart of milk, beat up six eggs, half the whites, mix as above, six spoonfuls of flour, a tea-spoonful of salt, and one of beaten ginger; then mix all together, boil it an hour and a quarter, and pour melted butter over it. You may put in

in eight eggs, if you have plenty, for change, and half a pound of prunes or currants.

*To make a Batter Pudding without Eggs.*

TAKE a quart of milk, mix six spoonfuls of flour, with a little of the milk first, a tea-spoonful of salt, two tea-spoonfuls of beaten ginger, and two of the tincture of saffron; then mix all together, and boil it an hour. You may add fruit as you think proper.

*To make an ordinary Bread Pudding.*

TAKE a pound of fine flour, and a pound of white bread grated, take eight eggs, but half the whites, beat them up, and mix with them a pint of new milk, then stir in the bread and flour a pound of raisins stoned, a pound of currants, half a pound of sugar, a little beaten ginger, mix all well together, and either bake or boil it. It will take three quarters of an hour's baking. Put cream in instead of milk, if you have it. It will be an addition to the pudding.

*To make a boiled rice pudding.*

HAVING got a quarter of a pound of the flour of rice, put it over the fire with a pint of milk, and keep it stirring constantly, that it may not clod nor burn. When it is of a good thickness, take it off, and pour it into an earthen pan; stir in half a pound of butter very smooth, and half a pint of cream or new milk, sweeten to your palate, grate in half a nutmeg and the outward rind of a lemon. Beat up the yolks of six eggs and two whites, beat all well together. When boiled, pour melted butter and sugar over them.

*To make a cheap rice pudding.*

GET a quarter of a pound of rice and half a pound of raisins stoned, and tie them in a cloth. Give the rice a great deal of room to swell. Boil it two hours: when it is enough, turn it into your dish, and pour melted butter and surgar over it, with a little nutmeg.

*To make a cheap plain rice pudding.*

GET a quarter of a pound of rice, tie it in a cloth, but give it room for swelling. Boil it an hour, then take it up, untie it,

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and

and with a spoon stir in a quarter of a pound of butter, grate some nutmeg, and sweeten to your taste, then tie it up close and boil it another hour; then take it up, turn it into your dish, and pour melted butter over it.

*To make a cheap baked rice pudding.*

Y O U must take a quarter of a pound of rice, boil it in a quart of new milk, stir it that it does not burn; when it begins to be thick, take it off, let it stand till it is a little cool, then stir in well a quarter of a pound of butter, and sugar to your palate; grate a small nutmeg, butter your dish, and pour melted butter over it.

*English Jews puddings; an excellent dish for six or seven people, for the expence of six-pence.*

T A K E a calf's lights, boil them, chop them fine, and the crumb of a two penny loaf softened in the liquor the lights were boiled in; mix them well together in a pan; take about half a pound of kidney fat of a loin of veal or mutton that is roasted, or beef, if you have none, take suet; if you can get none, melt a little butter and mix in it; fry four or five onions, cut

small,

small, and fried in dripping, not brown, only soft; a very little winter savoury and thyme, a little lemon-peel shred fine; season with all-spice, pepper and salt, to your palate, break in two eggs; mix it all well together, and have ready some sheep's guts nicely cleaned, and fill them and fry them in dripping. This is a very good dish, and a fine thing for poor people; because all sort of lights are good, and will do, as hog's, sheep's and bullocks, but calf's are best: a handful of parley boiled and chopp'd fine, is very good, mixed with the meat. Poor people may, instead of the fat above, mix the fat the onions were fried in, and they will be very good.

*To make yeſt dumplings.*

FIRST make a light dough as for bread, with flour, water, salt and yeſt, cover with a cloth, and set it before the fire for half an hour; then have a ſauce-pan of water on the fire, and when it boils take the dough, and make it into little round balls, as big as a large hen's egg; then flat them with your hand, and put them into the boiling water; a few minutes boils them. Take great care they don't fall to the bottom of the pot or ſauce-pan, for then they will be heavy; and be ſure to keep

the water boiling all the time. When they are enough, take them up, (which they will be in ten minutes or less) lay them in your dish, and have melted butter in a cup. As good a way as any to save trouble, is to send to the baker's for half a quartern of dough (which will make a great many) and then you have only the trouble of boiling it.

*To make Norfolk dumplings.*

MIX a good thick batter, as for pancakes; take half a pint of milk, two eggs, a little salt, and make it into a batter with flour. Have ready a clean sauce-pan of water boiling, into which drop the batter. Be sure the water boils fast, and two or three minutes will boil them; stir a piece of butter into them; eat them hot, and they are very good.

*To make hard dumplings.*

MIX flour and water, with a little salt, like a paste, roll them in balls, as big as a turkey's egg, roll them in a little flour, have the water boiling, throw them in the water, and half an hour will boil them. They are best boiled with a good piece of beef. You may add, for change, a few currants. Have melted butter in a cup.

*Another*

*Another way to make hard dumplings.*

RUB into your flour first a good piece of butter, then make it like a crust for a pye; make them up, and boil them as above.

*To make oatmeal flummery.*

GET some oatmeal, put it into a broad deep pan, then cover it with water, stir it together and let it stand twelve hours, then pour off that water clear, and put on a good deal of fresh water, shift it again in twelve hours, and so on in twelve more; then pour off the water clear, and strain the oatmeal through a coarse hair-sieve, and pour into a sauce-pan, keeping it stirring all the time with a stick till it boils and is very thick, then pour it into dishes; when cold turn it into plates, and eat with what you please, either with wine and sugar, or beer and sugar, or milk. It eats very pretty with cyder and sugar.

You must observe to put a great deal of water to the oatmeal, and when you pour off the last water, pour on just enough fresh as to strain the oatmeal well. Some let it stand forty-eight hours, some three days, shifting the water every twelve hours; but that is as you love it for sweetnes or tart-

ness. Grotes once cut does better than oatmeal. Mind to stir it together when you put in fresh water.

*Milk soup the Dutch way.*

TAKE a quart of milk, boil it with cinnamon and moist sugar; put sippets in the dish, pour the milk over it, and set it over a charcoal fire to simmer, till the bread is soft. Take the yolks of two eggs, beat them up, and mix with a little of the milk, and throw it in; mix it altogether.

*How to make bread more substantial than ordinary.*

TAKE the bran that has been boulded off, put it into a kettle of water, and boil it; then strain out the water, and it will be white, and of a thick strengthening substance, with this wet the meal wherewith you make your bread; then add yeast, and a little salt, and so make it into loaves; and it will be more heartening, pleasanter in taste, and increased in substance, than otherwise it would have been.

To make bread that keeps moist and good very long.

Slice a pumpkin, and boil it in fair water till the water grows clammy, or somewhat thick ; then strain it through a fine cloth or sieve, and with this make your bread, well kneading the dough ; and it will not only increase the quantity of it, but keep it moist and sweet a month longer than bread wetted with fair water only.

*To make flummery.*

T AKE half a peck of wheat bran that has not been over-much boulded or sifted, let it soak three or four days in two gallons of water, then strain out the liquid part pressing it hard ; boil it to the consumption of a third part, so that when it cools it will be like a jelly, and keep long. When you eat any of it, season it with sugar, and a little orange-flower-water, and add a little cream or milk, and it will be very pleasant and nourishing.

*To make salt pottage fresh.*

S E T them over the fire, and beat up a little wheat-flour with the white of an egg,

egg, and put a little of the broth among it to make it thine; then put it into the pot or skillet, and in a little boiling fup, with stirring sit, it will exceedingly abate the saltness.

*A cheap drink for families.*

TAKE a quart of water, mix it with one or two spoonfuls of ground oat-meal, well brewed together, makes it an excellent drink in summer. In winter make it blood warm, and it will drink very well. This drink is excellent against the stone or gravel, or any other obstructions of the passages; it begets chearfulness, extinguisheth natural flushings and vapours, that happen for want of a strong natural heat, and large passages; it clears the stomach, purges by urine, if drank in the morning fasting; good against all windy humours; against rickets in children, and begets appetite to admiration; also a spoonful of treacle in a pint of water, is an excellent drink.

*To brew beer or ale.*

PUT your water into a tub as soon as it begins to boil, and when the fiery heat is a little over, put to the malt as much as will just wet it all, by stirring, and at half

a wood for each of the men

an hour's end put as much of the same water; for the first running you intend, let it stay an hour; then draw it off, letting a little dry wormwood and bay leaves soak in the wort, they are better and wholsomer than hops: put not any cold water in the malt at all, and then you need not boil any wort, and it will keep long enough, if you put not worts together hotter than blood warm.

When your beer is near drawn out, and begins to decay, draw it into bottles, put into it a little sugar, treacle, or a spoonful of the wine of any herb.

*Another way to brew beer.*

TAKE a bushel and a half of good wheat-bran, and a gallon of molosso's, and some ginger, add water to it, and it will make a barrel of table-beer, brewed as usual; or you may leave out the bran.

*To make lemonade.*

Scrape into water and sugar as much lemon-peel as you think is convenient, then drop in a few drops of the essence of sulphur, cut in some slices of lemon, and put in rose-water. This is extreme cooling in hot diseases, and particularly in fevers, much comforting, if it does not recover.

*To make sage-tea, the best way.*

BOIL your water, ordering it in all respects as for other tea; and to a quart, put in an once of dried sage, and put a little lemon-peel into it; boil it up, and sweeten it to your palate, and it will prove a very wholesome liquor to cleanse the blood, and cool the heat of the body. And thus you may by mint, balm, &c.

*A Bill of fare of seventy pretty little dishes, which will not stand in two-pence charge.*

1. Take some oatmeal and water, and make it into gruel over a clear fire; this all people know how to make, so needs no directions.
2. Also you may take good wheat flour and water, and make it into pap, and put bread into it, then season it with salt.
3. Also bread and a glass of water, with any of these three things a man may live very well.
4. Bread and butter, and a glass of fair water, or a pint of ale, makes a good meal.
5. Bread and cheese does the same, and a pint of water or ale; and sallets eaten with either, only washed, without oil, salt or vinegar, makes wholesome food.
6. Wa-

6. Water gruel seasoned with salt only, and eaten with bread and butter, by biting and sipping, is an excellent food, breeds good blood, and causes it to circulate freely.

7. Milk and bread raw is an excellent food, and better than boiled ; it sweetens the blood, prevents four humours, carries wind downwards, without any trouble to nature, preserves health and a good complexion.

8. Eggs boiled in the shell, and eaten with bread, or with bread and butter, is an excellent food.

9. Eggs raw, eaten with bread, is an excellent food ; it cleanseth the passages, preserves the lungs, and warms the stomach, and frees it from obstructions.

10. Sorrel, parsley and eggs, mixed well together, and fried with butter and a little salt ; when done, put some melted butter and vinegar upon them, and this makes excellent food.

11. Take eggs and beat them well together, and fry with butter ; when done, melt some butter and vinegar and put upon them.

12. Take some parsley and boil it, and cut it small, eat that with poached eggs, either mixed with it, or bite and sup ; add some melted butter and vinegar and put upon them ; and this makes a good dish.

13. Eggs broken and butter'd over the fire, eat with bread, is excellent food.

14. Eggs roassted and eaten with bread, butter and salt, is a good way of preparing them.

15. Eggs and boiled spinage buttered, eat with bread.

16. Flour and water made into a pap, and thickened with an egg, eat with bread or without.

17. Water and oatmeal made into gruel and seasoned with salt, and an egg beaten and put into it; eat bread, or bread and butter with it. This creates good blood, frees the passages of windiness and griping pains.

18. Water, and milk and flower made into hafty pudding, is an excellent food; it makes the body fat, allays heat and thirst, causes a good complexion, prevents wind, and is the best of food.

19. A pint of ale just boiled, and an egg beat and put into it, when well stirred, take it off the fire, and eat it with bread, affords a good meal. If you sweeten it with sugar, some may like it better.

20. Rice boiled in water and buttered, affords good nutriment.

21. Rice put into a bag close tied, and well boiled, makes an excellent pudding; some put currants to it, and melted butter and sugar.

22. Rice-milk affords good nourishment, soone put sugar into it.
23. An egg put into a pint of milk and boiled, then eat it with bread, and it is excellent food. It prevents windy humours and makes a good complexion.
24. Cheesecakes is a good food.
25. Custards the same.
26. Whitepot the same.
27. Spinage boil'd, buttered, and eat with bread, is good food, opens obstructions, and makes good blood.
28. Coleworts and spinage boiled together, and a little butter melted and put upon it, makes excellent food, eaten with bread, butter and salt.
29. Baum, mint and spinage boiled together, than seaonred with salt and melted butter and salt put upon it, eat with bread, is excellēt food.
30. Endive, parsley and spinage boiled together, melted butter and salt pus to it, and eat with bread, cleanseth the blood, and keeps the body open.
31. Coleworts, cabbage and colliflowers boiled, eaten with butter, vinegar, salt and bread, this losens the belly, and purges by urine.
32. Asparagus with butter and salt, eaten with bread, purges by urine, and affords good nutriment.

33. Artichoaks, Jerusalem or others, boiled and eaten with butter, bread and salt.
34. Green pease boiled in the shells, eat with butter, salt and bread.
35. Green pease boiled out of the shells, eat with butter, salt, pepper and bread.
36. Green pease boiled with milk, and eat with bread, makes a good meal.
37. Dry pease boiled and seasoned with butter and salt, is food fit for a labouring man.
38. Green beans boiled, and eat with salt, butter and pepper is excellent food.
39. French beans eat with melted butter on them, salt and bread, is good food.
40. Turneps boiled, eat with melted butter, salt, pepper and bread, is good food; they are cleasing and easy of concoction.
41. Parfnips boiled, and seasoned with salt, butter, vinegar and mustard, makes excellent food, eat with bread or without.
42. Carrots boiled, with melted butter, pepper and salt, and eat with bread, is wholesome food.
43. Potatoes boiled or roasted, and with butter and bread, is good food.
44. Puddings of all sorts, as light ones made of bread, is good food.
45. Plain puddings, made with eggs, flour and milk, well boiled and buttered, is the best.

46. Puddings made with flour, milk, eggs, currants or raisins, is good food.

47. Dumplins boiled, made with flour, milk or water, only with a little ginger and yeft, when it is boiled, butter it, and it is excellent food.

48. Apple dumplings boiled and eat with butter, is the best way of eating them.

49. Dumplins made with flour, milk, eggs and a little butter, mixed and worked up in them, made about the bigness of a crown piece, and then boiled and eat with a little melted butter over them, this is a pleasant and substantial food.

50. Baked puddings afford good nourishment, and are fitteſt for working people.

51. Bonnyclabber eaten with bread is excellent food in hot weather, especially for consumptive people.

52. Flummery is also an excellent food, especially for weak stomach'd people, whose paſſages are furred and obſtructed by phlegmy matter.

53. A pint of cherry wine, currant wine, gooseberry wine or cyder, with ſome bread eaten, makes an excellent meal.

54. Bread and half a pint of canary, makes an excellent meal.

55. A pint of good beer, and a piece of bread, makes a good meal.

56. Prunes, raisins, currants boiled in water, thickened with bread, adding ſpice,

Sugar, butter and salt, makes a noble dinner; you may boil any of them single, and temper the water with oatmeal, and add salt, sugar and bread; it makes a good meal.

57. Sweet charvel eaten with bread, butter and salt, is an excellent pottage for cold stomachs, and is a friend to the lungs.

58. Water-cresses pottage, eaten with bread, butter and salt, cleanseth the blood, and prevents fumes flying into the head.

59. Baum pottage eat with butter and salt, makes an excellent meal.

60. Mint pottage does the same.

61. Parsley, garlick, leek and onion pottage eat, with bread, butter and salt, are good against cough, stone and gravel, boiled each by itself, or together.

62. Cellery makes an excellent pottage.

63. Smallage pottage, or gruel, purifies the blood, and is good against all consumptive humours.

64. Pease pottage, boil them, and add sage, onions cut small, then season with salt and butter; this is a substantial pottage.

65. Butter'd wheat makes a good dish, is easie of concoction, and generates good blood.

66. Furmety plain or with fruit, makes an excellent meal, the plain is best.

67. Milk

67. Milk pottage, half milk and half water, eat with bread, is excellent for consumptive and weak people, and those in health too.

68. Sage, bread and butter in May, and at other times, makes a good meal.

69. Baum, bread and butter, does the same.

70. Sorrel, bread and butter, and parsley, bread and butter, and radishes, bread and butter, creates good blood, and fine spirits, and is excellent food.

71. Pear-pies and apple-pies, afford good nourishment.

*Directions to make divers sorts of herb pottage.*

WHEN your water boils, put your herbs into it, and let them remain five or six minutes ; then take your herbs out, and put a little small oatmeal tempered with some cold water first, and well beat together into it, and beat it well with your liquor, add salt and butter to it, and eat it with bread or without.

To make wine of raisins, bill-berries, bramble-berries, elder-berries, cherries, mulberries, gooseberries, currans, apricocks, raspberries, and plumbs, or any such like fruit, to make cheap and good.

**BRUISE** them, then put them into a tub, such as is used to mash malt in, with a tap in it, then put as much good water as you think fit, either to make it small or strong; let these infuse eleven, twelve, eighteen, or twenty-four hours, then draw it off; if you would keep it long, put some bitter herb or seed, three or four hours in it; for present use, baum or any good herb; then to every gallon, put two pound and a half, or three pound of honey, sugar, or treacle, the more sweetening, the stronger it will be; then put some yeast to it, and let it stand and work.

*How to make wine of any herb.*

**SHRED** and bruise the herbs and roots, being fresh gathered, then put them into a pot, then put in boiling water and cover it close, and so let it stand near the fire for twelve hours or more, (but if the herbs be dry, half an hour will serve) strain it, and to two quarts of the liquor, put a pound

of

of sugar ; then boil it a little, and skim it, and when it is clear put it into bottles, and it may keep long in a cold place.

*Its Virtues.* Wine of sanacle or harts-tongue for consumption or rickets ; Camomile or Saxifrage for the stone ; Cowslips with one third Corn Poppies, to procure sleep ; Violets and Groundsel for heat of the liver, and to quench thirst ; Groundsel for heat, or bound in the body, or sharp urine ; Agrimony ; or Red Dock Roots, to cleanse the liver and rickets ; Hyssop or Mallow-flower for coughs and rheums ; Purple Flowered Hearts-Ease, for convulsion fits ; Knot grass for ruptures ; Melilot for cholic ; Centaury to help digestion ; Stinking Arach for green sickness ; Celadine with Lemon Peel for jaundice ; Elder leaves for king's evil and dropsy ; Pennyroyal for wind ; Scurvygrass, Water Cresses, and Lemon peel for the scurvy ; Ground Ivy to cleanse the stomach ; Sage for head-ach ; Comfrey and the roots for inward bruises ; Bears-foot with cinnamon for worms ; Peach leaves, and Quinces to stay vomiting ; Butter bur and Wood Sorrel for fevers ; Plantain or Clary for the whites ; roots of Fern that grows on tiles for fits of the mother ; Mouse-ear for chil-cough ; Orpin for inward ulcers and bloody flux ; Rue to preserve from infection ;

fection ; Tulip roots, nourishing ; Vervain for the thrush in childrens mouths ; and wine of Damask Roses, gently purges the stomach.

*To make the pectoral drink.*

TAKE a gallon of water, and half a pound of pearl barley, boil it with a quarter of a pound of figs split, a pennyworth of liquorice sliced to pieces, a quarter of a pound of raisins of the sun stoned ; boil all together till half is wasted, then strain it off. This is ordered in the measles, and several other disorders, for drink.

*To make a good drink.*

BOIL a quart of milk and a quart of water, with the top crust of a penny loaf and one blade of mace, a quarter of an hour very softly, then pour it off, and when you drink it let it be warm.

F I N I S.

